

Community Announcements



Register for Operation Walk 4 Freedom

Get ready to walk, run, bike or rollerblade
your way to Afghanistan / Iraq and back!

**Registration and assessments will be
conducted at the FFF on:**

Tuesday, June 12 from 9 a.m. to noon
Wednesday, June 13 from noon to 3 p.m.
and from 4:30 to 7 p.m.
Thursday, June 14 from 9 a.m. to noon.

All participants who register for the program will receive a free pedometer (while supplies last) log book, and assistance with goal setting, fitness and exercise plans. Anyone can participate and log miles as an individual, family, FRG or other type of team. For more information contact the Bamberg Health promotion coordinator at DSN 469-7043. Or log on to www.bamberg.army.mil and download a contract of participation and informational brochure.